

Paella

1 ½ pts stock
2 tbsps olive oil
2 chicken breasts cut in pieces
1 onion, diced
2 cloves garlic
1 each red, green & yellow pepper
200g jar Seeds of change tomato puree with basil
12 oz paella rice (about ¾ of a packet)
saffron
4 oz frozen peas
5 oz chorizo, sliced
bag of mixed prawns, mussels, etc
parsley !

Method:

Defrost shellfish & frozen peas.

Make 1 ½ pints stock. Add a pinch of saffron strands. Leave for 30 mins.

Heat 2 tbsps olive oil in a paella pan

Cut chicken breasts into pieces.

When oil reaches right temp, fry chicken for 15 mins till golden brown.

Use a spatter guard!!!

Chop garlic. Chop onions.

Remove chicken pieces and reserve them.

Fry garlic and onions for 5 mins

Chop peppers. Add to pan. Cook for 10 mins. Turn down heat.

Add a jar of Seeds of Change tomato & basil puree. Cook 5 mins.

Chop chorizo.

Turn up heat. Add stock. Bring it to rolling boil.

Add rice. Cook 5 mins.

Stir in 4oz peas and chorizo. Turn down heat.

Add chicken.

Simmer 25 mins, stirring occasionally.

Add bag of shellfish and its liquid.

Cook 15 mins more.

Cover and leave to rest 5 mins.

Sprinkle chopped parsley over